

The Rockville Swim and Fitness Center is committed to providing a safe and enjoyable recreation experience. The following guidelines are designed to protect center users and staff and maintain the integrity of the facility.

### **Rockville Swim and Fitness Center: Administrative Guidelines**

- The center is not responsible for lost or stolen items.
- There will be no refunds for inclement weather.
- Memberships are non-transferable.
- Watching requires a daily admission card or membership pass except for City-sponsored classes and programs.
- All users age 1 year and older must purchase a daily admission or scan their membership card.
- Children age nine (9) years and younger must be supervised by an adult at all times.
- All patrons ages six (6) years and older must use the appropriate locker room. Children ages five (5) years and under may use the locker room of the opposite sex when accompanied by their parent or legal guardian.
- Sauna users must be 18 years of age.
- Individual spa users must be 18 years of age. Youths ages 15 to 17 are permitted in the spa if accompanied by their parent or legal guardian. Children ages 14 and under are not permitted in the spa.

### **Rockville Swim and Fitness Center: Facility Rules**

- Rockville encourages all Swim and Fitness Center patrons to show respectful and responsible behavior at the facility and among other patrons.
- Individuals displaying careless, abusive or improper conduct (such as loud and disruptive behavior, fighting and/or the use of profanity) will be expelled.
- The following activities are prohibited from the complex: smoking, use of alcohol, use of illegal substances (persons under the influence of alcohol will be expelled)
- The following items are prohibited from the complex: bicycles, skateboards and Heelys; glass containers
- Cell phones may not be used in the locker rooms, bathrooms, or changing areas.
- Cameras or any other video recording device may only be used with the direct permission of the supervisor on duty

### **Rockville Swim and Fitness Center: Swimming Pool Rules**

- All patrons must:
  - Wear a bathing suit
  - Shower before entering any pool
  - Only enter a pool when it is officially open with a lifeguard on duty
  - Refrain from spitting, spouting water, or blowing the nose while swimming
  - Refrain from underwater swimming for distance
- Our youngest patrons must:
  - Be diapered and wear tight fitting vinyl pants
- Patrons with the following conditions may not swim in any pool: skin diseases, inflamed eyes, cold, nasal or ear discharge or communicable diseases
- The following are allowed in the Tot Pool only: toys, balls, inner tubes, floats (use during the winter months is at the discretion of the supervisor on duty).
- US Coast Guard approved life vests are the only flotation devices permitted in the pools. A parent or legal guardian must accompany and stay within arm's reach of any patron using a life vest.
- Non-swimmers or weak swimmers must remain in shallow water, no deeper than their waist.
- The outdoor complex will conduct hourly 15-minute rest periods in which all children ages 17 years and under must exit the pools in the summer months.
- There will be no refunds for inclement weather.

### **Rockville Swim and Fitness Center: Fitness Center Guidelines**

- Rockville encourages all Swim and Fitness Center patrons to show respectful and responsible behavior at the facility and among other patrons.
- Fitness Center patrons must be at least 13 years old and:
  - 18 years of age to use the fitness equipment without supervision
  - accompanied by an adult fitness member if age 14 to 17
  - purchase a daily admission or scan their membership card upon entry
- Fitness Center patrons should:
  - Limit use of equipment to 30 minutes when others are waiting.
  - Return equipment to its proper place and clean machines with provided wipes after use
  - Keep cardio and strength equipment in its proper place
  - Stand away from equipment in use by others
  - Respect others in the selection of television programs
  - Wear fitness appropriate clothing (including shirts at all times) and use athletic shoes on the fitness equipment
- The following behavior is prohibited: profanity, offensive or intimidating comments, and/or careless, abusive or improper use of equipment.
- Water in non-glass containers is allowed in the fitness center (food or other drinks are prohibited).